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1995 CALLED, THEY WANT THEIR RACIAL STEREOTYPES BACK

BORED WITH QUIPS ABOUT INDIAN COMICS, AZIZ ANSARI HOPES TO STRIKE A DEEPER CHORD WITH AUDIENCES AT TORONTO'S JFL42 FESTIVAL PAGE 10

Suspect, victim named in Monday death

London's Shane Wood faces charges of break and enter and arson after the body of Paul Curry was found PAGE 3

The science of starvation

We talk to a doctor about what happens to your body on a hunger strike, based on the Tarek Loubani and John Greyson hunger strike in Egyptian jail PAGE 5

Huh. Minority rights, you say? ... Interesting

The Parti Quebecois is opening the door to 'improving' its controversial religion plan PAGE 7

NEWS WORTH SHARING.

Murray Saunders, left, and his daughter Haley pose with Dave McKerlie, the man whose life they are credited with saving. MIKE DONACHIE/METRO

Firefighter dad calls 9-year-old 'heroic' in rescue

Lake Huron 'near-drowning.' London father, daughter honoured at city hall

"She said to me: 'Daddy, I was afraid.' I said: 'Haley, we had to do it. We saved his life.'"

When you're a firefighter's kid, you're bred to be tough.

When Haley Saunders, 9, and her dad, Murray, saw a man in trouble on Lake Huron, they acted fast to save his life.

On Tuesday, the remarkable story of the rescue on Canada Day weekend came to the forefront at city hall as Mayor Joe Fontana honoured the family who came to the aid of a drowning man.

"Sometimes your heroes come in the form of doctors and nurses, and sometimes they come in the form of a firefighter and his nine-year-old daughter," said Dave McKerlie, 55, Tuesday, of his rescuers.

Haley and her dad, Murray Saunders, were using a Sea-doo and towboat on the lake near their cottage at Blue Point on June 30.

Saunders, who's 47 and a London firefighter, spotted a Sea-doo floating in the water and realized someone must be in trouble.

About 500 yards from it was McKerlie, of Mount Brydges. He'd hit a freak wave and been swept off his craft.

"He had a near-drowning," Saunders said. "He wouldn't have lasted much longer in the water. He was completely grey, and he was exhausted."

McKerlie was too tired to get into the towboat. Saunders held him three-quarters of the way out of the water as Haley drove the Sea-doo — along with her dad and McKerlie — to shore.

"For me, as a firefighter, it's just part of a job," said Saunders. "But she was heroic. She didn't panic. It was quite a way out, and she had to drive the Sea-doo, which she'd never done before."

Haley, who's a student at Ryerson Public School and has a brother, Logan, 5, and sister, Sterling, 7, is a Girl Guide and will receive a special badge for her heroism.

As for McKerlie, after extensive tests in hospital, he made a full recovery. He even visited the Saunders family to thank them. MIKE DONACHIE/METRO

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Weak water flow

Thames gets poor grade from World Wildlife Fund

An NDP MP is steamed that the historic Thames River has received a failing grade from the World Wildlife Fund.

But Irene Mathyssen, who represents London-Fanshawe, isn't angry at the WWF. Rather, her ire is focused on the governing Progressive Conservative Party and Prime Minister Stephen Harper.

Among the issues studied by the WWF, water flow was seen as poor in the Upper Thames sub-watershed. Overall, the organization described the river's health as poor in the new report that covers everything from water quality to what's living in the water.

The Thames received poor to fair scores for its "benthic macro-invertebrate" populations, indicating a disturbance of the aquatic ecosystem, the report says.

"Good" scores were awarded for water quality and for the abundance of native fish species.

While the news isn't all bad, it's nowhere good enough for Mathyssen, who has tabled a private member's bill to once again include the Thames in the Navigable Waters Act.

"The overall score for the Thames River is poor, and that means we should be concerned," she said.

The blame belongs to Harper, she added.

"In the last budget, the Conservatives changed the Navigable Waters Act. It used to include environmental protection of lakes, rivers and streams. That's all gone now," Mathyssen said. SCOTT TAYLOR/METRO

An investigator works Monday at 361 Manitoba St., the home where police say a man was killed and the house was set on fire. SCOTT TAYLOR/METRO

Victim, suspect named in Manitoba St. slaying

Ongoing investigation.
Police say the two men knew each other

SCOTT TAYLOR
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Police have identified the victim and the man accused of his death in what they've called the city's fourth homicide of the year.

Shane Wood, 37, of London faces charges of break and enter and arson after police found the body of 50-year-old Paul Curry in a burned-out home at 361 Manitoba St. early Monday.

A police source said the investigation is ongoing and more charges are likely once the cause of death has been determined. An autopsy was being performed on Curry's body through much of Tuesday.

Investigators say the men knew each other but would reveal little else about their relationship.

On Tuesday, police searched a residence on Sorrel Road, not far from where the incident occurred. Const. Ken Steeves confirmed the search was related to the investigation. It's not known if that's where Wood lived before being arrested.

Police officers and firefighters responded to the Manitoba Street home about 3:30 a.m. Monday after a neighbour who saw smoke pouring from the rear of the house called 911.

The density of the smoke grew quickly after the call.

People spoken to on the street Monday said a man of about 50 years old who owned a landscaping business had recently moved into the house. But, they said, the man kept largely to himself.

One person said a crew would often assemble early in the morning before leaving to go out on landscaping jobs. In the driveway of the house, and on the road, were vehicles with the company name A-Shamrock Landscape and Tree Service.

While it's believed Curry lived in the house on Manitoba, the business address of his company is a residential unit on Wharncliffe Road.

Other 2013 homicides

- **March 30:** Jason Cleveland, 38, was charged with two counts of second-degree murder and one count of committing an indignity to a human body.
- **Sept. 8:** James McCullough of Orangeville, is charged with one count of second-degree murder and one count of committing an indignity to a human body.

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Historic Blackfriars Bridge to reopen — but not for cars

138 years old. The structure is expected to carry 1,000 pedestrians and cyclists a day

MIKE DONACHIE
mike.donachie@metronews.ca

Blackfriars Bridge will reopen, councillors decided Tuesday night, but only to pedestrians and cyclists.

The 138-year-old bridge has been closed to traffic for months, and last month that closure was extended indefinitely after significant corrosion was discovered.

But that's cut off the Blackfriars neighbourhood from downtown, Coun. Judy Bryant told city council, and the closure must be reversed.

Her motion to make that happen — but only for the 1,000 pedestrians and cyclists who were using the bridge each day — found support.

"It won't be a pretty sight," said Bryant, "but it would be a better-looking sight than the bridge (being) fenced."

She said the structure in its current state could become a safety problem as a magnet for children who want to climb on it.

The immediate repair will cost about $260,000. Costs were, of course, the big issue, with some councillors unhappy with spending more on the bridge. Some, notably Coun. Paul Van Meerbergen, wanted no short-term spending, although he supported a full rehabilitation.

Now, as work begins on reopening the bridge so will an environmental assessment looking at its long-term future. Full repairs will cost more than $2.5 million and take more than two years, but will give the bridge 50 to 70 years' more life.

Noisy protesters

Debating animal control

The emotion surrounding the issue of animal control was back at city council Tuesday night.

As councillors passed a limited, six-month extension of a private firm's contract for the services, there was also renewed disquiet.

Coun. Denise Brown, who as chair of the community and protective services committee had to deal with a noisy meeting full of protesters, said emails received that day had "not been all that pleasant."

She defended city staff who have been criticized by campaigners for their handling of the affair.

MIKE DONACHIE/METRO

Blackfriars Bridge has been closed to vehicle traffic for much of the year. The closure was extended to pedestrians last month after an inspection revealed extensive corrosion. MIKE DONACHIE/METRO

Costs cut as city approves safety signal at school

St. André Bessette Catholic High School, which is at the centre of road-safety concerns in north London. MIKE DONACHIE/METRO

Businesses in London have stepped up to improve road safety near a school.

At Tuesday night's city council meeting, Mayor Joe Fontana revealed that four companies are to pay most of the cost of a temporary traffic light in north London.

Parents and the school expressed concern at kids running across Fanshawe Park Road West near St. André Bissette Catholic Secondary School.

The problem was the school opened before nearby developers had put in a promised traffic signal. That could take two years, city staff said Tuesday night.

Footing the bill

Businesses that stepped up to pay most of the bill for the temporary lights:

- Drewlo Holdings - $6,500
- York Developments - $6,500
- York Developments - $6,500
- Smart Centres - $6,500
- Tim Hortons - $1,000
- Taxpayers - $4,500

So Coun. Matt Brown took up the issue and asked council to install a temporary signal. That should have cost $50,000 but the bill was cut in half by finding ways to reuse equipment, staff said.

That $25,000 was put before councillors, but the mayor revealed the business contributions.

"I want to take this opportunity for thanking our business community for coming forward," said Fontana.

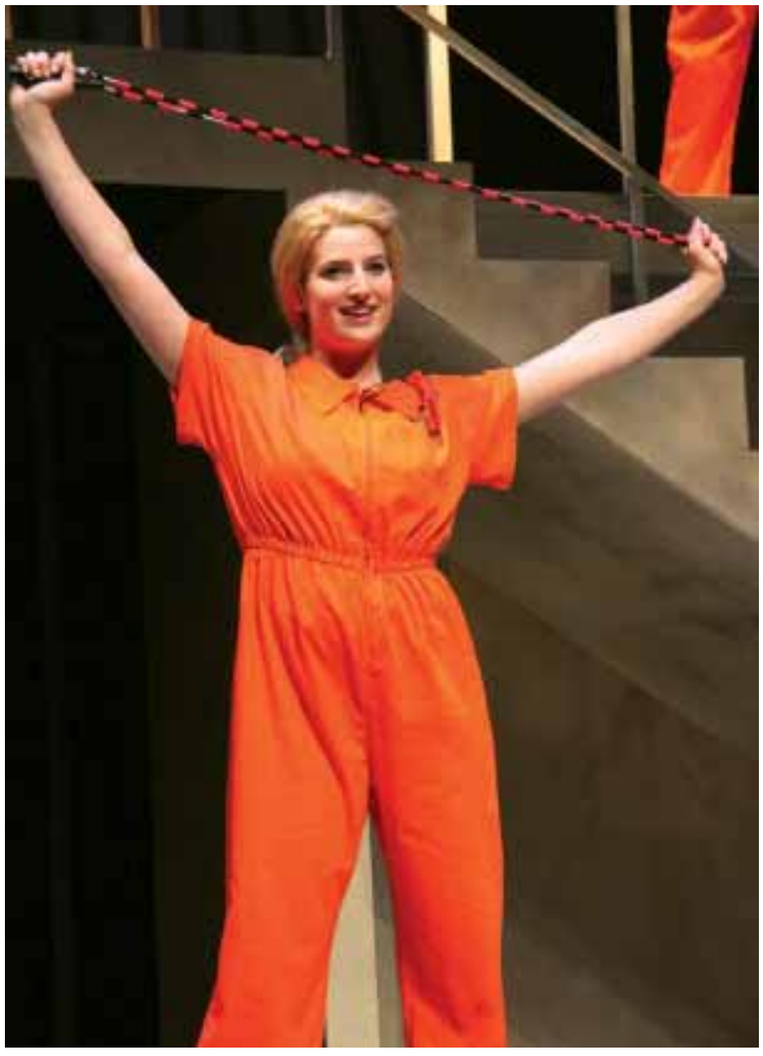
Brown also had praise. "The school community and the parent community have really rallied around this issue," he said.

"Thank you for that. Thank you for your emails, for your phone calls."

He and other councillors also thanked London cops for taking a special interest in the spot and enforcing speed limits there.

Now it has council approval, the temporary light can be installed. It is to be in place within 30 days, although the city will move as quickly as possible in an effort to get it done sooner.

MIKE DONACHIE/METRO



High school musical at The Grand Theatre

Caitline McKeon, playing the role of Brooke, performs a big dance number Tuesday in Legally Blonde — The Musical at The Grand Theatre. The show is this year's High School Project at The Grand, giving students from area secondary schools a chance to star on the stage. The show runs through Sept. 28. Visit grandtheatre.com for tickets. MIKE DONACHIE/METRO

Hunger strike puts London doctor Loubani, Greyson in peril

Drastic measures.
Lives in more danger with each day of hunger strike: Expert

SCOTT TAYLOR
scott.taylor@metronews.ca

Imprisoned London doctor Tarek Loubani and filmmaker John Greyson face a life-threatening health crisis if their announced hunger strike continues past just a single week, says a gastroenterologist at London Health Sciences Centre.

The pair, behind bars in Egypt since Aug. 16 without formal charges being laid, announced they would go on a hunger strike Monday after being told they would remain locked up for at least the next two weeks.

Far worse, it's possible they can be kept in custody for up to two years without charges being laid, according to emergency measures recently enacted in the strife-torn nation.

Loubani and Greyson were arrested when they entered a Cairo police station to ask for directions after the border to Gaza was closed. They were on their way to Gaza on a medical-aid mission.

Dr. Karim Qumosani said the men have put themselves in peril by refusing food. The following is a brief timeline of what they might experience:

— After 72 hours: It usually takes the body about this long to utilize all the protein and lipids before any drastic or dramatic events can happen, Qumosani said. Levels of electrolytes fall and the body weakens through fat and muscle loss.

— One week: Some people start to feel weakness and experience muscle pain and muscle spasms, Qumosani said. This is due to the imbalance in the electrolytes and their vitamin levels. When the blood sugar starts to wane, the brain and heart are at risk.

— Two weeks: The most concerning thing now, Qumosani said, is the heart. Electrolytes and trace elements adjust the electricity in the heart. When there's an imbalance in the electrolytes, especially if potassium decreases too much, cardiac arrest could occur. Neurological problems are now a real danger, as well.

— One month: "Usually, that's very long for someone," Qumosani said, though there are records of some surviving far longer. Eating once the fast is over presents its own host of dangers as electrolytes are introduced back into the system, Qumosani said.

A look back

- **Aug. 16:** Tarek Loubani and John Greyson are arrested in Cairo.
- **Aug. 20:** A district prosecutor in Cairo suggests the men are part of a larger group that planned to attack a police station.
- **Sunday:** The pair's detention is extended by another 15 days.
- **Monday:** Loubani and Greyson start a hunger strike.

New twist in the works for PC's London convention

The Progressive Conservatives' internal strife could make this weekend's policy convention in London a doozy.

In the latest turmoil, a longtime party activist has launched a social-media push on Facebook and Twitter aimed at triggering a rethink of Richard Ciano's presidency during the convention.

Ottawa's Debbie Jodoin, fed up with PC Leader Tim Hudak being "undermined," plans to "add a friendly amendment" to the controversial anti-Hudak motion calling for a snap leadership review.

Jodoin's procedural tactic could ultimately enable delegates to remove Ciano from the helm of the party and send a signal to Hudak's detractors.

Quoted

"Hudak didn't ask me to do this. Nobody has the cojones to stand up and say where the real problems are."
PC party activist Debbie Jodoin

"This is asinine. There's been a lot of problems," she said. "We've got to come together as a party."

The initiative comes as Hudak is trying to quell caucus unrest.

On Friday, he demoted MPP Randy Hillier (Lanark–Frontenac–Lennox and Addington) after an email from the maverick member that criticized PC policy was anonymously leaked to the media.

Hillier maintained he never broke caucus confidentiality because he didn't share the missive and only confirmed its authenticity.

Still, the episode illustrated the pressure Hudak is feeling as he strives to quash dissent in the ranks.

TORSTAR NEWS SERVICE

Level-two lifted

C. difficile alert called off at LHSC

London Health Sciences Centre's University Hospital has received government approval to lift a "level-two" alert prompted by a C. difficile outbreak.

The outbreak was made public Aug. 27 after six cases of the virus were detected in a general medicine unit on the hospital's fourth floor. At the time, visitors were urged to exercise extra vigilance, such as washing their hands frequently, when visiting patients.

A "level-two" alert is cleared after 30 days if no new cases are discovered.

METRO

Will we be Canada's Healthiest Community?
City ready to pump you up in the name of fitness

Mayor Joe Fontana and Dr. Christopher Mackie, the city's top medical officer, will launch the "in motion" Community Challenge from noon to 1 p.m. Wednesday at Covent Garden Market.

The challenge will run through October and will call on residents to build an additional five minutes of physical activity into their daily routines.

The challenge is an effort led by the city, the Middlesex-London Health Unit and community partners with the goal of earning London the title of Canada's Healthiest Community. METRO

There's an app for that

Wednesday's launch will feature the introduction of a new app that will help challenge participants track their physical activity throughout the month.

Special delivery. Drugs, weapons arriving in Canada through the mail

Criminals are using the Canadian postal system to transport illicit goods including guns, grenades, dangerous chemicals and, in one case, even a rocket launcher, says a newly declassified RCMP report.

Counterfeit items — from fake Olympic hockey sweaters to bogus passports — as well as drugs such as cocaine and heroin are also arriving in the country through Canada Post, says the report.

It calls for greater collaboration between police and postal officials to detect suspect parcels, noting legislation limits the ability of police to search and seize mail.

"There is a diverse range of contraband goods being shipped through the Canadian postal system, some of which pose a risk to the safety of Canadians," says the November 2012 report, which draws on information from more than a dozen police forces and Canada's border agency.

Handguns, ammunition, brass knuckles, body armour, hand grenades, stun guns and signal jamming devices are being shipped to Canada from abroad, says the report.

"In one instance, a rocket launcher was even found entering through the mail."

The report, prepared by the RCMP's criminal intelligence section for the organized crime committee of the Canadian Association of Chiefs of Police. helped substantiate what chiefs across the country had been hearing anecdotally, said Bruce Herridge, deputy chief of York Regional Police in Ontario and co-chairman of the committee.

"There's probably more of this going on than we're aware of."

THE CANADIAN PRESS

Quoted

"There's probably more of this going on than we're aware of."

Bruce Herridge, deputy chief of York Regional Police

Canada Post vehicles sit outside a depot in Montreal in this file photo. Criminals are using the Canadian postal system to transport illicit goods including guns, grenades, dangerous chemicals and, in one case, even a rocket launcher, says a newly declassified RCMP report. GRAHAM HUGHES/THE CANADIAN PRESS

B.C. Kids' watchdog says it's a miracle abused girl branded 'evil' survived

British Columbia's children's watchdog says a girl who was nearly starved to death endured 18 months of horrific abuse after being branded an "evil child" at her grandfather's home in Saskatchewan.

Mary Ellen Turpel-Lafond made the comments Tuesday as she released a report examining the tragic treatment of a three-and-a-half-year-old aboriginal girl who was moved from B.C. to Saskatchewan, where her mistreatment continued.

Turpel-Lafond said policies and standards for placing vulnerable children in homes across Canada must undergo reviews to better support the needs of kids and families.

She said Children's Ministry officials should have known better than to place the girl with a man who was known as a poor and abusive parent.

"This child's best interests were never taken seriously, and as a result she was left in a dangerous situation, severely traumatized and emotionally and physically injured."

She said it's a miracle the girl, who now is eight years old, survived her mistreatment.

THE CANADIAN PRESS

Former Saint Mary's student returns degrees

Frosh week pro-rape chant.

Calgary businessman urges president to step down to help repair 'damaged reputations'

HALEY RYAN
Metro in Halifax

In the cool air of Tuesday morning, Daren Miller leaned his two degrees from Saint Mary's University against the fence around the former Halifax Infant's Home and walked away.

Miller, a chartered financial analyst living in Calgary, flew to Halifax to return his Bachelor of Arts and Bachelor of Commerce degrees to Saint Mary's in the wake of a pro-rape chant caught on video during frosh week.

Hundreds of first-year students were led in a chant spelling out "young," with lines like, "U is for underage, N is for no consent."

Saint Mary's registrar Paul Dixon greeted Miller and accepted the degrees after they were placed against the fence.

"I feel very sad having done it. It represented five years of extremely hard work," said Miller, who graduated in 1995.

The degrees will also be removed from his resumé, Miller said, because he wanted to distance himself from the culture of misogyny at the university.

Miller called for Saint Mary's president Colin Dodds to step down on Tuesday, and have the school hire someone with experience handling "damaged reputations," saying a culture shift can only happen with "change at the top."

"The university respects his right to protest," said university spokesperson Steve Proctor, who added Miller had turned down Dodd's invitation of a private meeting.

Miller said despite his own feelings, turning over the degrees was also to stand with those who feel "marginalized" at Saint Mary's, and with victims of sexual abuse across the country.

"For me, this will go away," Miller said. "For … someone who has been abused, that will live with them their entire lives."

Miller said he is "under no illusion" that rape jokes and sexist behavior are just a Halifax problem.

"My idea of Canada does not include this rape culture. I was absolutely shocked to see something like this in 2013," Miller said. "I think men need to understand, particularly on a campus scene, that no means no."

Daren Miller of Calgary poses for a portrait in Halifax prior to returning his degrees to Saint Mary's University on Tuesday. JEFF HARPER/METRO IN HALIFAX

Quoted

"To me those degrees are valueless."

Daren Miller, a chartered financial analyst, who flew to Halifax to return his degrees to Saint Mary's in the wake of a pro-rape chant caught on video during frosh week

Witness to boy's starvation didn't want to 'cause friction'

A man who witnessed the slow, ultimately fatal starvation of a five-year-old boy at the hands of his grandparents was "bugged," but didn't want to "create friction" by reporting it, he told an inquest Tuesday.

A coroner's inquest into the death of Jeffrey Baldwin heard Tuesday from one of the adults living in the house at the time. Mike Reitemeier was living in the home with his partner. The inquest was the first time he has spoken publicly about what Jeffrey went through.

In the last few days of Jeffrey's life, the boy was so weakened that he had trouble standing, eating and even holding his head up, Reitemeier said.

"I sort of had it in my head that he wasn't going to, he wasn't going to make it," Reitemeier told the inquest.

Coroner's counsel Jill Witkin asked him if he ever called 911 or children's aid. He hadn't.

"I should have," Reitemeier said. "I mean, I torture myself every day since this has happened...I don't know why I didn't do something."

THE CANADIAN PRESS

Jeffrey Baldwin CONTRIBUTED

PQ opens door to 'improving' controversial religion plan

Debate over minority rights. Government says it will potentially amend plan before it's tabled as a bill this fall

The Parti Quebecois says it could amend its controversial values charter based on public input it receives before submitting the minority-accommodation plan to the legislature.

The comments come one week after the release of the PQ government's proposals, which has touched off an acrimonious debate on minority rights.

That promise to listen, and potentially amend the religion plan before it's tabled as a bill this fall, echoes statements from the PQ during the summer.

"We're looking at ways to improve the proposal," said Quebec's minister responsible for Montreal, Jean-Francois Lisee, on Tuesday.

"We're listening. It's been less than one week, we're asking people to participate and we'll take these into consideration."

He offered no details on what the potential changes might look like.

Because the current plan has no opposition support the minority government could either water it down, split it in half or preserve the entire thing for use in an election campaign.

As it stands, the government is still defending the plan in its current form. Lisee called it "modern and progressive" and on Tuesday compared the wearing of religious garb to political slogans — which is forbidden for public servants.

"We have already established (public servants') neutrality for other beliefs," Lisee said. THE CANADIAN PRESS

Proposal

Plan losing support: Poll

The PQ wants to forbid public employees from wearing visible religious symbols including hijabs, turbans, yarmulkes and larger-than-average crucifixes.

A poll this week suggests the plan has the support of most Quebec francophones, but that the support levels have dropped considerably.

Lisee predicted that, as with language laws, a social consensus will eventually take shape around minority accommodations. THE CANADIAN PRESS

All-nations canoe gathering to educate public about what happened in residential schools

Members of the Squamish Nation paddle a traditional canoe on False Creek during an all-nations canoe gathering, held as part of Reconciliation Week in Vancouver on Tuesday. The Truth and Reconciliation Commission of Canada is holding the event from Sept. 18 to 21. The commission was formed by the Canadian government with a mandate to learn the truth about what happened in the residential schools and to inform the public. DARRYL DYCK/THE CANADIAN PRESS

Navy Yard gunman 'heard voices'

The former Navy reservist who killed 12 people at the Washington Navy Yard had been hearing voices and was undergoing treatment in the weeks before the shooting rampage, but was not stripped of his security clearance, officials said Tuesday.

Aaron Alexis, a 34-year-old information technology employee with a defence contractor, used a valid pass to get into the highly secured installation Monday morning and started firing inside a building, the FBI said. He was killed in a gun battle with police.

The motive for the mass shooting — the deadliest on a military installation in the U.S. since the attack at Fort Hood, Texas, in 2009 — was a mystery, investigators said.

U.S. law enforcement officials told The Associated Press that there was no known connection to terrorism and that investigators have found no manifesto or other writings suggesting a political or religious motive.

Alexis had been suffering a host of serious mental problems, including paranoia and a sleep disorder, and had been hearing voices in his head, according to the officials, who spoke on condition of anonymity because the criminal investigation was still going on.

He had been treated since August by Veterans Affairs, the officials said.

The Navy had not declared him mentally unfit, which would have rescinded a security clearance Alexis had from his earlier time in the Navy Reserve. THE ASSOCIATED PRESS

Aaron Alexis FBI/THE ASSOCIATED PRESS

France. Uproar after jeweller kills thief, charged with homicide

Outrage is growing in France over the decision to bring voluntary homicide charges against a jeweller who shot and killed an escaping robber, but the country's top security official on Tuesday urged fearful storekeepers to let justice take its course.

The 67-year-old jeweller, Stephan Turk, was confined at home with an electronic bracelet after the shooting last week that left a teenage robber dead in the street outside Turk's jewelry store in the French Riviera city of Nice. An accomplice escaped on a motorbike.

Jewellers in southern France say they're being targeted as never before and lack the resources to protect themselves. THE ASSOCIATED PRESS

Victims' families fight group's quest for standing

Lac-Mégantic disaster.
U.S. bankruptcy trustee says all creditors are already represented at MMA proceedings

The families of some victims of the deadly rail crash in Lac-Mégantic are opposing a Quebec committee's bid for official standing at a railway's bankruptcy proceedings in the United States.

The families of 18 victims of the July 6 derailment and explosion told a U.S. court in Maine that they object to the Quebec group's efforts to be appointed as an official creditors' committee representing the provincial government, the municipality and some wrongful death and personal injury claimants, along with those who had property damage.

"The families who lost loved ones believe they have specific interests that should be defended by their own committee," their lawyer Daniel Cohn said in an interview.

"They welcome help from the government, but they understand that it could (use compensation) for cleaning environmental damage. They want their fair share."

Objections have also been filed from various other parties, including Robert Keach, the court-appointed trustee overseeing Montreal Maine & Atlantic's bankruptcy.

Keach says the committee's appointment is unnecessary because he represents the interests of all creditors, including the victims of the derailment. He adds that recognizing the committee would increase costs and "sap what limited resources of the debtor exist."

THE CANADIAN PRESS

Rescue workers at the site of the Lac-Mégantic train derailment on July 16. The crash killed 47 people. THE ASSOCIATED PRESS FILE

Celebrity spokescat

Shut up and eat the kibble: Grumpy Cat gets food deal

It probably won't affect her mood, but Grumpy Cat now has an endorsement deal. The frown-faced web sensation, real name Tardar Sauce, is now the "spokescat" for a Friskies brand of cat food, Nestle Purina PetCare said Tuesday. Photos of Grumpy Cat, her brown and white face in a constant scowl, are a constant presence on social media.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.13¢ (+0.28¢)

TSX 12,834.11 (+17.23)

OIL $105.42 US (-$1.17)

GOLD $1,309.40 US (-$8.40)

Natural gas: $3.73 US (-1¢)
Dow Jones: 15,529.73 (+34.95)

Iran.
Social media blocked again after 'technical' glitch

Word of the opening of Iran's blocked social media sites was spread, of course, by social media itself, with celebratory tweets and breathless Facebook posts. Hours later, the same sites Tuesday chewed over the sobering reality that the four-year-old firewalls were back in place.

Iran's Internet overseers blamed a "technical" glitch on the brief window to the web. But others interpreted the see-saw events as signs of growing internal struggles between the moderate-leaning President Hasan Rouhani and hard-liners.

THE ASSOCIATED PRESS

Women surf the web in Tehran, Iran, on Tuesday. THE ASSOCIATED PRESS

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THESE WILL KNOCK YOUR SOCKS OFF

JUST SAYIN'

Paul Sullivan
metronews.ca

Some addictions are bad for you, e.g. crack cocaine or cracked pepper potato chips.

Some addictions are good for you, e.g. Iron-Man triathlons.

Some addictions, it's hard to tell, e.g. peanuts and trivia.

An addiction to trivia can have dire consequences for innocent bystanders, especially if you find yourself a captive audience on a crowded airplane or at a dinner party where the main dish is composed mostly of quinoa.

Of course, it depends on the quality of the trivia. There is boring trivia, and then there's the stuff you simply can't get enough of. If you ask me, we spend too much time on the boring stuff — especially on quiz shows like Jeopardy and the Million Second Quiz. It's all about the prize money, but the trivia, meh.

It doesn't have to be that way. Did you know that the universe is shaped like a vuvuzela (that annoying South African soccer horn)? Well, you do now. Just try to forget it.

Or how about: In 2008, a man in Ohio was arrested for having sex with a picnic table. How could you not want to know that?

There's more: Did you know that Saddam Hussein's secret bunker was designed by the grandson of the woman who built Hitler's secret bunker? All in the (Bunker) family …

You need to know this stuff. And there's plenty more where that came from. Precisely 1,224 items in a book created by the people behind the British quiz show QI called 1,227 Quite Interesting Facts to Blow Your Socks Off (A quite interesting book).

British quiz shows are more interesting than North American quiz shows because they're not exercises in crass one-upmanship for cash, not that there's anything wrong with that. But QI understands the true beauty of trivia. Once you know that Italy's biggest business is the Mafia, accounting for $178 billion a year and seven per cent of that country's GDP, you will hold your own wherever you sit at the table.

Trivia is important because "everyone is entitled to their own opinions, but they are not entitled to their own facts" according to legendary U.S. Senator Daniel Patrick Moynihan (1927-2003), which is the epigraph at the outset of 1,227 Facts etc. If you simply can't stand to sit through yet another fatally flawed socio-politico-econo-cultural analysis of this or that big issue, simply wait for a lull in the conversation and let 'em have it:

Did you know that a female ferret will die if she doesn't have sex for a year?

And if that doesn't do it this will: The founder of match.com, Gary Kremen, lost his girlfriend to a man she met on match.com.

You won't even need to justify the interruption and it will instantly dispel any conversational fog built up in the room.

Now, if you're getting bored, here are a couple of quickies to chew on as you head into work this morning:

Light travels 18 million times faster than rain. And Beyoncé is the eighth cousin, four times removed, of Austrian composer Gustav Mahler.

Beats crack cocaine or peanuts, doesn't it?

ZOOM

Battery drained? Use elbow grease

COURTESY JOE KIEZ

Device charges gadgets with human energy

You have lots of energy to make it through the day, but your cellphone battery doesn't. Not anymore.

A student from Humber College, in Toronto, has designed a device that could harvest kinetic energy from human motion to generate energy to charge a wide variety of gadgets such as cellphones, MP3 players, smartphones and tablets. The current design — dubbed ENE — has theoretically demonstrated it can charge 20 times faster than traditional electric methods.

Designed by college student Joe Kiez, the innovation has been nominated and shortlisted for the James Dyson Award. METRO

James Dyson Award

- An international design award from Sir James Dyson, famed U.K. vacuum inventor.
- College and university students compete from 18 countries.
- The winners will be announced Nov. 7.

Power of the people

"If you move, you are using and outputting power. Anyone and everyone that moves, has the potential to create harvestable energy."

Joe Kiez, Humber College student and James Dyson Award nominee

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Train? Check. Cross-train? Check. Blog, tweet, Instagram? Check. For many athletes, physical training is just one part of 'making it' as a professional athlete, while hollering at fans and drawing attention to the sport is another (especially for our dear Canadian athletes). Meet Canada's blogging, tweeting, instagramming runners:

COURTESY RITA IVANAUSKAS

Rob Watson:

LeblogduRob.com sheds some light on the life of the London, Ont.-born runner who "digs the sport and digs the grind." You can also find him at @robbiedxc.

Reid Coolsaet:

There's more to this runner's Instagram account than races and roads, follow @reirdcoolsaet for arty portraits, landscapes and even beer drinking. As well, find his ramblings at Float On blog at reidcoolsaet.com.

Twitter

Follow @metropicks and take part in our daily poll.

@metropicks asked: Three Toronto firefighters were fired for sexist tweets. Should a boss be allowed to axe for personal tweets?

@Cazzy: It's up to the individual to make sure their online presence is hidden enough to not affect their job.

@johnkuypers: Firing 3 Toronto firemen over sexist tweets could be the worst leadership move I've seen in a while.

Comments

RE: Three Toronto Firefighters Sacked Over Sexist Tweets; Unions Express Anger, published Sept. 17

Unions should not be allowed in any governmental office. The provincial statues and federal laws should be enough.

David Fletcher posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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SCENE

Love in the time of technology

Aziz Ansari. Comedian aims to hit a deeper chord with audiences in his newest set, which will headline Toronto's JFL42 festival

Have you heard the one about the Indian comic? Because Aziz Ansari has — and he's pretty bored with it.

After enduring some racially inspired jabs at the hands of some of comedy's top stars for Comedy Central's recent roast of bleary-eyed James Franco, Ansari took his turn at the dais and shooting back, with his trademark earnestness: "I think it's so cool that some of you guys were able to travel back in time to 1995 for some of those Indian jokes you did. That's so cool!"

"Even with the sitcoms these days, it's people like me or Mindy Kaling and others — there's no 7-11 jokes or anything like that. I think the culture really has moved beyond that stuff, and that's why it was kind of jarring to hear those kinds of jokes and it's like, 'Really, you're really going to go there with this; you think that stuff is relevant anymore?"' he said in an interview.

He's certainly been around the stand-up circuit long enough, too — 12 sneaky years for the comedian with the boyish features and the contagious on-stage excitability, who has risen to fame by stealing scenes in the NBC comedy Parks and Recreation as the cad Tom Haverford, and in the 2009 Judd Apatow vehicle Funny People.

Now, he's set to headline Toronto's JFL42 comedy festival, which will mark one of the first large-venue crowds that will see his new, still-untitled hour of comedy, exploring love in the time of technology — an issue in which, he says, he has some expertise.

"It's what I'm dealing with in my life — dating, trying to find someone, maybe not trying to find someone," said the 30-year-old. "I write my stand-up about whatever's consuming my head and when I was writing this stuff, that's what I was doing a lot.

"It was like, 'Man, this is such a weird time to be a person trying to find love. It's a very frustrating time in a lot of ways.' And it's struck a chord, with both men and women."

While his previous sets featured more standard comedic observations — stories about his North Carolina upbringing, about the time-sucking properties of the Internet, and the hijinks of his wide-eyed little cousin Harris — he calls this set his most difficult yet, aiming to spew his emotional guts while busting his audience's too.

"(With this set) I really tried to hit in a deeper way than I did with the other shows. This one, I'm really trying to do something different and I think I pull it off, but we'll see." THE ASSOCIATED PRESS

Quoted

"The goal is to do stuff where people laugh, but there's also a sort of deeper laugh of, '(Wow), thank you for saying that, I can't believe you said that, that's so awesome, that speaks to a truth in my life."'

Aziz Ansari

Comedian Aziz Ansari will explore love and technology in his new show. CONTRIBUTED/THE CANADIAN PRESS

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January Jones. ALL PHOTOS GETTY IMAGES

January Jones linked to Miley's separation

January Jones might not have been the reason for Miley Cyrus and Liam Hemsworth's engagement falling apart, but she reportedly didn't help matters much.

Sources tell Us Weekly that Hemsworth had been pursuing the Mad Men star fervently in the months leading up to the split.

"January consoled him," a source says.

"January thinks Liam is so sexy."

A rep for Jones, however, says, "This is absolutely untrue."

Cyrus' rep confirmed earlier this week that the couple's engagement is officially off.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Robin Williams returns to TV because he's broke

THE WORD
Melinda Taub
scene@metronews.ca

It's a sign of the times that so many movie stars quietly return to television after a few years or decades. Most will claim it's because TV is so creatively vibrant now, or whatever.

Not Robin Williams. He'll happily admit that he signed on to his new TV series The Crazy Ones, with Sarah Michelle Gellar, for the dough, which will then go to his ex-wives.

"The idea of having a steady job is appealing," Williams told Parade Magazine. "I have two (other) choices: go on the road doing stand-up, or do small, independent movies working almost for scale (minimum union pay). The movies are good, but a lot of times they don't even have distribution. There are bills to pay. My life has downsized, in a good way. I'm selling the ranch up in Napa. I just can't afford it anymore."

Impressively candid. Most movie stars, even if their star has clearly dimmed, don't like to admit they're not high rollers anymore.

And Williams has two ex-wives, which he admits takes a big bite out of his income.

"Divorce is expensive. I used to joke they were going to call it 'all the money,' but they changed it to 'alimony.' It's ripping your heart out through your wallet."

Justin Theroux

Theroux scaling back his art collection

Justin Theroux admits that building a life together with Jennifer Aniston has meant some compromises — like ditching some questionable artwork.

"They're just these open mouths, with tongues, and in the throats are different stages, labeled, of syphilis and gonorrhea and whatever. Those definitely found a great place in my office in L.A. They weren't going to be above the fireplace anytime."

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PUBLIC NOTICE – UPDATE

DID THE LOSS OF A FAMILY MEMBER IN ONTARIO BEFORE JUNE 14, 2010, RESULT IN A CORONER'S INVESTIGATION AND AUTOPSY?

In the past, organs were sometimes kept for testing after an autopsy to help investigate and determine the cause of death. Before June 14, 2010, families were not always told that an organ had been kept.

Under Regulation 180 of the *Coroners Act*, these organs were to undergo disposition on June 14, 2013. The organs will now be kept for at least five more years because it has become clear that people need more time to learn about this difficult issue.

Immediate family members and personal representatives (i.e. those responsible for administering an estate) are invited to contact the Ontario Forensic Pathology Service and the Office of the Chief Coroner if they wish to learn whether an organ was retained in their loved one's case.

Some organs may no longer be available due to past practices. In cases where an organ was retained and is still being stored, the organ can be sent to a funeral home for cremation or burial at the expense of the Ontario Forensic Pathology Service and the Office of the Chief Coroner.

Since June 14, 2010, Regulation 180 under the *Coroners Act* ensures that, when possible, families are notified and their wishes are sought if an organ must be retained after an autopsy.

Contact us at:

Ontario Forensic Pathology Service
26 Grenville Street
Toronto, ON M7A 2G9

1-855-564-4122
OrganRetention@ontario.ca

Please note: Callers may be asked to provide personal information. This information may be collected pursuant to s. 38(2) of the *Freedom of Information and Protection of Privacy Act* for the purpose of processing requests regarding organs retained pursuant to the *Coroners Act*. Questions about the collection of this information can be directed to the Issues Manager, 26 Grenville Street, Toronto, ON M7A 2G9, 416-314-4046.

Ontario.ca/OrganRetention • 1-855-564-4122

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Ontario

LIFE 3

Sunny days in Los Angeles

Guide. From star-style fare to more budget-friendly options, this city has it all

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

It's impossible to capture such an immense city in one story so I'll keep this focused on Hollywood and downtown Los Angeles, which has seen an incredible resurgence.

Sleeping

The Roosevelt, a Thompson property, was home to the first Academy Awards ceremony, which lasted only minutes (if only it were still the case). Marilyn Monroe often did photo shoots at the pool and used to sleep there regularly, amongst other things. There's a cool, old-fashioned, two-lane bowling alley in a funky upstairs bar, an airy, Spanish-looking lobby and fun, modern rooms. Prices in October from $299. Downtown, The Standard offers a chic rooftop bar and rooms from $225. There's also the sleek Ritz Carlton, part of the L.A. Live entertainment complex. There's a beautiful pool and bar on the 26th floor and a Wolfgang Puck restaurant. Rooms in October from $419.

Dining

Try Public at the Roosevelt in Hollywood for grilled octopus or even rabbit, served in a bright room with diamond-tufted banquettes and lots of dark wood. The burgers at the hotel burger bar, called 25 Degrees, have been voted L.A.'s best many times. They also serve up a chocolate milkshake with, um, Guinness. A personal favourite for budget types is Tommy's Burgers at Beverly and Rampart, where the gooey, napkin-destroying chiliburgers are legendary. Downtown, near Union Station, you'll find Philippe's original. The place has hardly changed in decades, right down to the pickled eggs on the counter and the wait staff. Angelenos of all colours and creeds gather to munch on roast beef French dip sandwiches (ask for a double dip for more juice) and local beers. It's just 65 cents for lemonade and 45 for coffee. Former mayor Richard Riordan runs the Original Pantry. They serve up excellent hash browns and spicy Portuguese sausage at breakfast.

The Roosevelt is a great old hotel in Hollywood that's seen its share of glamour over the years. PHOTOS JIM BYERS/METRO

The Sunset Hollywood Ranch is a wonderful spot to soak up southern California's cowboy culture.

Drinking

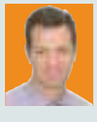
The Library Bar at The Roosevelt is a tiny spot with dark wood and zebra-striped chairs. Bartenders have locally grown herbs on the counter and will mix a drink to your taste. I had bourbon with lemon and rosemary that was fresh and flavourful. Just down the road, Musso and Frank is known for both steaks and perfectly dry martinis served in an old-time setting. There's a cool rooftop spot at Perch on Hill Street, complete with fireplaces. (Hey, it can get cold in L.A. at night).

Doing

Olvera Street is an old Mexican-American area with souvenir stands selling cheap, colourful guitars and great knickknacks for a few bucks. You can dine on cheap burritos or tacos and watch mariachi bands in full dress. Wander down to the Disney Concert Hall, designed by Ontario's own Frank Gehry. The nearby Angels Flight is an old-time funicular that takes you up (or down) Bunker Hill for 50 cents and is billed as the shortest railway in the world (just shy of 91 metres) The Grand Central Market has gorgeous produce and a shop selling jars of sarsaparilla, comfrey, ginger and more. Want a real change? Try a horseback ride in the hills with the folks at Sunset Hollywood Ranch), where you'll find remnants of southern California's cowboy culture and outstanding views.

On a budget?

Do Europe on less than $50 a day



ON THE MOVE
Loren Christie
life@metronews.ca

Budget travelers rejoice! Europe on $50 a day is still possible.

Accommodation

Hostels are no longer just for the young. If you are game, you can expect a shared bathroom and a basic dormitory style bedroom with anywhere from six to 20 other guests slumbering beside you. The prices vary between Eastern and Western Europe but they almost always include free breakfast and sometimes a free walking tour or bike rental. For $10 you can buy a membership gold card forhostelworld.com, which allows you to save on the $2 service fee every time you book. Camping is another way to cut down the budget. Scandinavia is one of the most expensive areas on the continent to travel but there is actually a law in Norway and Sweden that allows you to camp for free in any public place.

Food and drink

Don't be afraid of street food. It is a unique culinary experience; cheap and delicious. The sausages you can buy in Germany and the Czech Republic are way better than a cheap restaurant experience. Consider shopping for your own groceries. Many hostels offer access to a kitchenette if you want to cook yourself a hot meal or have a picnic. If you are anxious for a restaurant meal, take the time to source out three different options. Force yourself to always compare prices before making a final choice.

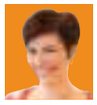
Sites and attractions

Your first stop should always be the local tourist office. Look for a list of free attractions and don't forget to grab a map. The back page is often full of discount coupons to local must-sees. Downloading free audio tours are another great way to learn about the destination. Search for alternatives to the expensive attractions. For example, in Barcelona skip the cable car and hike up to Parc Guell. You will share the same incredible view with people who just paid 20 euros.

Transportation

Travel on regional commuter trains and avoid the expresses. It may take longer but the savings are significant. For longer trips don't buy a Eurail pass. It is too restrictive and limiting and you also end up paying a reservation fee for every booking. A good alternative is the Eurostar bus company. Their pass covers a larger territory, offers flexible booking options and is cheaper.

Faster, lighter, cheaper chili



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is enough here for two plus lunch.

Hearty beef chili gets so boring and this version is faster, lighter and contains more delicate flavours.

Buy ground chicken on sale in a large pack and break it down into smaller, useable packages.

Wrap tightly to freeze and it will last you a year. Better yet, double or quadruple this recipe and freeze the cooked chili and save yourself both time and money.

1. Bring chicken stock to boil in a large skillet.

2. Add all ingredients except beans; cover and simmer to blend flavours, about 15 minutes.

3. Add kidney beans, undrained; simmer until heated through, about 5 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1/4 cup chicken stock ($0.40)
- 1, medium onion, chopped ($0.88)
- 1 large clove garlic, minced ($0.05)
- 1/2 lb ground chicken ($3)
- 1/4 cup drained canned green chilies, coarsely chopped ($1.29)
- 1/2 tsp dried oregano ($0.03)
- 1/2 tsp ground cumin ($0.05)
- 1/2 teaspoon ground coriander ($0.07)
- pinch ground cloves ($0.01)
- pinch tsp cayenne pepper ($0.01)
- 16 oz white kidney beans (cannellini beans) ($1.29)

Total: 7.08/ per serving: $1.77

Five-Spice White Chili

This recipe serves four. LIZ BEDDALL OF LIZBEDDALL.COM

Drink of the Week

Passionate Sangria

As summer comes to an end, sip your way into fall with this Passionate Sangria. It's not only tasty but also easy to make.

- 1 bottle (750 ml) Solaz Tempranillo Cabernet Sauvignon
- 2 oz Duff Gordon brandy
- 2 oz Cinzano sweet red vermouth
- 1 cup pineapple juice
- 1 cup passion fruit juice
- Slices of oranges, lemons and limes (seeds removed)

Add all ingredients into a pitcher and gently stir. Refrigerate for 4-10 hours. Remove from refrigerator, add ice and stir gently before serving.

RECIPE & PHOTOS COURTESY OSBORNE SOLAZ

Lunch. Beef Stir-Fry Style Cold Salad

Versatile beef strips are great in a Thai-style salad!

Add a little thinly sliced chili pepper to the vegetables or some hot pepper flakes to the dressing if you like things hot.

1. In saucepan of boiling salted water, cook broccoli for 1 minute or until tender. Drain. Immerse in ice water until totally cool. Drain well. Pat dry on clean tea towel. Transfer to large bowl. Add cucumber, carrot and green onions.

2. In small bowl, make dressing: Whisk together lime juice, oil, fish sauce and sugar until sugar dissolves. Drizzle over vegetables; toss to combine. Add beef strips; toss once more.

PRESIDENT'S CHOICE

Ingredients

- 1-1/2 cups (375 ml) quartered broccoli florets
- Half English cucumber, halved lengthwise and thinly sliced on diagonal
- 1 carrot, thinly sliced on diagonal
- 2 green onions, thinly sliced on diagonal
- 3 tbsp (45 ml) fresh lime juice
- 2 tbsp (25 ml) canola oil
- 2 tsp (10 ml) fish sauce
- 1/2 tsp (2 ml) granulated sugar
- 1 pkg (400 g) PC Sirloin Beef Strips

Fully loaded Sweet Potato Salad

More than satisfying, as well as texturally pleasing to the palate, this gluten and dairy-free, wholesome Kasha and Sweet Potato Salad combines kasha with nutrient dense avocados and sweet potato.

It can be made up to two days before servings.

1. In saucepan, bring broth, garlic and cumin to boil over high heat. Stir in kasha; reduce heat to medium-low, cover and simmer until no liquid remains and kasha is tender, 15 mins. Scrape into bowl and let cool.

2. In separate saucepan of boiling salted water, cook sweet potato just until tender, about 5 minutes. Drain; let cool.

3. In bowl, whisk vinegar, oil, mustard, paprika, salt and pepper; add to kasha, along with green onions, celery, pepper and parsley; toss to coat. Fold in potatoes, avocados and pepitas.

4. Serve right away, or cover and refrigerate for up to 2 days (if making ahead of time, add avocado and pepitas just before serving).

MISSAVACADO.CA

Ingredients

- 2 cups (500 ml) vegetable broth
- 1 clove garlic, minced
- 1/2 tsp (2 ml) ground cumin
- 1 cup (250 ml) kasha or buckwheat groats
- 1 large sweet potato, peeled and cut into 1/2-inch (1 cm) cubes
- 1/4 cup (60 ml) red wine vinegar
- 3 tbsp (45 ml) extra-virgin olive oil
- 2 tsp (10 ml) Dijon mustard
- 1 tsp (5 ml) paprika
- 1/2 tsp (2 ml) each salt and freshly ground pepper
- 3 green onions, thinly sliced
- 2 stalks celery, thinly sliced
- half sweet red pepper
- 1/3 cup (75 ml) chopped fresh parsley or cilantro
- 2 firm-ripe avocados from Mexico, halved, pitted, peeled and diced
- 1/2 cup (125 ml) toasted pepitas or sunflower seeds

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Fall colour report: Bright

JANE DOUCET
For Metro

To many Canadians, cooler fall weather means wearing layers and dark colours. But those with an interest in fashion trends can step away from the tried and true by introducing a few key elements into their wardrobe.

"Runway trends are universal," said Alisha Schick, who teaches fashion design and illustration in the fashion program at MC College in Edmonton. "This fall, colour is a great way to refresh or update a jacket, suit or pair of jeans."

Popular colours are bright and loud. For men and women, forest green and burnt orange is showing up in denim and corduroy pants.

"There's also a huge '90s influence in animal prints, which we're seeing in women's crewneck sweaters, blouses and accents like shoes, pockets and gloves," Schick said.

While much of fashion is directed at women, designers haven't forgotten about men. They will be seeing more jungle, camouflage and Hawaiian prints, varsity jackets with leather sleeves and military-style coats.

"Streetwear" is also big for guys, cropping up in hoodies, motorcycle vests, T-shirts with logos and sneakers.

Popular colours this fall are bright and loud, including these looks from Old Navy.

At the other extreme, statement scarves will appeal to men interested in a more mature look; they are made from more lightweight fabrics than standard winter scarves and could be worn with moss-green or khaki pants.

One interesting trend for women is a pyjama look — but not for pyjamas. Instead, it comprises a dressier matching top and pant, perhaps in plaid or metallics, and made of rayon or polyester.

"It's a new twist on the modern-day suit," Schick said.

When there is a chill in the air, the coats come out of the closets. For guys and girls, motorcycle jackets and military-style anoraks with drawstring waistlines made an appearance on the fall runways.

"Fashion is getting less sloppy in general," Schick said. "Lines have become more tailored, showing off curves and silhouettes."

If you are overwhelmed by the myriad trends from which to choose and have a limited budget, Schick has the following advice.

"Stick to things you're comfortable with and shapes that you know look good on you. Find pieces that work with your body type, then incorporate a style or trend you like."

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Runway inspiration

Fashion designers have to be ahead of the curve, which may include studying Donna Karan spring's 2014 collection, above. CRAIG RUTTLE/THE ASSOCIATED PRESS

Trend forecasting means producing clothes in advance

As an instructor and a co-ordinator of the two-year fashion design technician program at St. Clair College in Windsor, Ont., Elaine Chatwood teaches a second-semester product development course that examines fashion trend forecasting.

"I'll teach my students how to produce a clothing line by looking at global trends," Chatwood said. "They'll come up with a concept, research fabrics, make a sample, cost out that sample and work out alterations."

Thanks to trend forecasting, the students will be able to look at fabrics a year ahead of when they plan to launch their fashion lines and aim to produce clothing samples 10 months in advance. Chatwood will then show them how to put together a "look book," containing photos of their designs for prospective buyers.

When she is wearing her other hat — as the proprietor of Chatty Collection, a women's boutique clothing store featuring her own and other designer fashions in Windsor — Chatwood buys the fall lines at least six months in advance after the trend reports have been released, usually from February to mid-March.

"I research all of the colour forecasting and fabric for my own designs," Chatwood said. "They're definitely an influence. I also look at silhouettes. Then I do my own thing."

Chatwood designs classic, tailored pieces that include dresses and knits. For fall, she has incorporated such global colour trends as different shades of greens, brick and deep-berry pink.

Personal style

"You don't have to follow the trends to the letter. But you can take inspiration from them."

Elaine Chatwood, co-ordinator of the two-year fashion design technician program at St. Clair College in Windsor, Ont.

"My customers are fashion conscious, and many of them know what the international trends are," Chatwood said. "If they don't know, I'll tell them. If they don't want to buy something new, I can update an older piece based on a current trend."

So just how important are seasonal runway trend reports to a retail fashion buyer?

"If I'm three weeks or a month late bringing in a line, I'll lose sales," Chatwood said. "I've got to keep track of everything."

As a designer, trends are important, but not the ultimate deciding factor to coming up with a collection.

"You don't have to follow the trends to the letter," Chatwood said. "But you can take inspiration from them."

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If you build it, a career will come

Create and be great.
The definition of 'engineer' is a broad one, but the perks of the profession are clear and plentiful

MEGHAN GREAVES
TalentEgg.ca

It's mandatory for engineers to keep up-to-date with all types of training, regulations, education and industry knowledge, so you can be confident you'll be working in an environment with the highest professional and legal standards. ISTOCK IMAGES

We know that the road to becoming an engineer can be a long one for students and new grads. From trying to keep your grades up, to getting involved in the engineering community, to somewhat maintaining a social life, it can be hard to see the very bright light at the end of the tunnel.

To keep you on the right path, we compiled a list of the greatest things about a career as an engineer.

From having some of the highest entry-level salaries, to being able to work anywhere in the world, aspiring engineers have plenty of job perks to look forward to after a gruelling undergrad.

There are plenty of options
There are tons of different sectors in the engineering industry, which gives students a lot of variety when choosing their career paths. Some of your options include mechanical, software, biomedical, chemical, environmental, and electrical engineering. With so many choices, it's almost certain that you'll find a sector that's just right for you.

Growth opportunities
Engineers often times receive extraordinary training, mentoring, and on-boarding to ensure that they get started on the right foot. With this foundation, it's more likely that newly hired engineers will have the skills and resources needed to move up the ladder. Engineering companies will invest this type of effort into new graduates as they want to see them be successful, specifically within the company.

Location, location, location
Engineers can work everywhere and are needed everywhere! Just take Beverly Bradley's story for example. She has been able to start her engineering career in Gambia building a medical oxygen source for third world countries! Just about everywhere you look in the world there is a need and opportunity for engineers to be successful — they're definitely not limited to one location.

Competitive salary
The salary that comes with a career in engineering is a definite plus! To become an Engineer it takes a high level of education, skill, and dedication, so it makes sense that an Engineer's salary reflects these investments. According to our 2012 engineering salary guide, new grads entering the industry are amongst some of the highest paid career hatchers — and it only goes up!

In demand
With a large amount of retirees exiting the workforce in the near future and industry expansion, there's no shortage of engineering jobs. This doesn't mean that the industry isn't competitive, it means that if you put a solid effort into your job search and skill development there are career opportunities to be had.

Every day is different
Engineers are not professionals who always sit at a desk from 9:00 am to 5:00 p.m. Engineers work in all different types of environments (e.g., cities, rural areas, offices, forests, mountains) and during all hours of the day, depending on the task at hand. This not only makes the days go by faster, but also allows for variety, challenge, and diverse work opportunities.

Work that benefits society

One of the best things about being an Engineer is that your projects genuinely benefit societies around the globe.

- From medical advancements, to "green" revolutions, to implementing systems that keep communities safe, engineers develop innovations that are good for all of us.

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Interested in being an engineer? Check out these man-made marvels of the engineering field

MEGHAN GREAVES
TalentEgg.ca

"Big opportunities" are words often used when describing the perks of an engineering career. That's because engineers have competitive salaries, job growth, wide career variety, full benefits, and much more!

Beyond job perks, one of the greatest things about being an engineer is the innovative projects you will have the opportunity to be part of. Engineers have built historic innovations and achieved monumental feats that just can't be described in a job description.

So, we decided to compile a list of some of the greatest engineering projects of all time. Read on to get to get that extra push toward the profession.

The Internet

Technology engineers worked for decades to turn the Internet into what it is today.

- From its initial launch as a research, military and science tool in the 1950s, the Internet has grown to become a critical tool for everyday work and life. Future software and technology engineers will undoubtedly rely on this valuable invention throughout their careers!

Transcontinental Railroad
Before the ground-breaking construction of the Transcontinental Railroad, it would take on average five to six months of dangerous and expensive travel to cross the country! It took six years to complete the project, which was mostly done by hand. Engineering the railroad led to more money, jobs, immigrants, and expansion, which changed the way the nation functioned forever.

The Hoover Dam
The Hoover Dam was initially thought to be an impossible feat. But with the hard work and dedication of 200 engineers, the Hoover Dam was built and turned the flood-prone Colorado River into a source of economic development. To ensure the project was successful, engineers took into consideration weather, seismic activity, thermal movements, vehicle power, and structural bearings. The dam was fully completed by 1935, and is expected to last another 100 years!

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CIS football

Western trails only Laval in rankings

The Laval Rouge et Or remain in top spot in this week's Canadian Interuniversity Sport men's football rankings.

Laval (3-0) picked up 21 of 30 first-place votes after a 30-14 victory over Acadia last weekend.

Western (4-0) moved up one spot to No. 2 after walloping the Ottawa Gee-Gees 83-27. The Mustangs received nine first-place votes from the Football Reporters of Canada panel.

The Queen's Gaels (3-0) fell one spot to No. 3. The Montreal Carabins (3-0) and Calgary Dinos (3-0) rounded out the top five.

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Super Bowl

Premium tickets double in price

Super Bowl fans can prepare to pay double for the best seats.

The NFL expects the most expensive tickets for its championship game will be about $2,600 each for 9,000 premium seats for the Feb. 2 game at MetLife Stadium in East Rutherford, N.J.

That's more than twice the $1,250 cost for similar tickets at last season's Super Bowl in New Orleans.

The next tier of seats is expected to go for $1,500 compared to $950 in New Orleans. About 40 per cent of general admission seats will be under $1,000, McCarthy said.

The capacity of MetLife Stadium is 82,000, but it will be trimmed by about 5,000 seats to make room for media, cameras and security. THE ASSOCIATED PRESS

The Maple Leafs' David Clarkson tussles with Nicklas Grossmann of the Flyers during pre-season action in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

Clarkson unruffled in pressure cooker

NHL. Big off-season signing insists he won't buckle under great expectations

Seven years and $36.75 million US set the price of expectations for David Clarkson.

When Clarkson signed with the Maple Leafs on the first day of free agency, he accepted the scrutiny that comes with that term and substantial price tag in arguably the NHL's toughest market. The high standard of success he'll be held to this season and in the coming years doesn't bother him.

"I really don't think about it, to be honest with you," Clarkson said. "I've played the same way my whole life. I've played that style of hockey and it's gotten me to where I am. All I'm going to do is go out every night, give everything I can. And am I going to be perfect? No, I'm going to make mistakes. But I'm going to play that same style of hockey that got me here."

That's the right mind-set for Clarkson, a one-time 30-goal scorer for the New Jersey Devils who will be counted on to score close to that in Toronto. But Philadelphia Flyers left-winger Scott Hartnell has been there, done that with a similar salary bump after a trade from the Nashville Predators and figures it will be an adjustment for Clarkson.

Quoted

"You guys don't bug me, not at all."

Leafs forward David Clarkson is confident he'll be able to deflect the media's attention.

"It definitely is a little added pressure, I think," Hartnell said Monday. "And going to Philadelphia, for myself, was obviously a way bigger market than Nashville was. You can say the same for Clarkson, going from the Devils where there's not much media that I've noticed, and coming to Toronto where you take a sip of a beer and (it's reported like) you're drunk the night before the game."

Clarkson has 97 goals and 73 assists in 426 NHL games and is hardly an offensive superstar. Carlyle pointed to some "intangibles" Clarkson brings beyond scoring.

"He's a big body in front of the net," Hartnell said. "He scored lots of goals against us, just being there causing havoc in front. He's got a quick release, a guy that can hit and fight." THE CANADIAN PRESS

No Bones about the favourite in title bout

Jon Jones GETTY IMAGES FILE

He has never been knocked down or taken down in his UFC career. His one loss was in reality a win, with his injured opponent needing surgery afterwards.

Light-heavyweight champion Jon (Bones) Jones became the UFC's youngest-ever champion in March 2011 when, at 23 years eight months, he defeated Mauricio (Shogun) Rua at UFC 128.

Now 26, Jones is the undisputed pound-for-pound king of mixed martial arts. And the American continues to rewrite the record book.

Jones (18-1) has lost just one round in his 13-fight UFC career. And the 205-pounder made former champion Lyoto (The Dragon) Machida pay for that first round at UFC 140 in Toronto, locking on a standing guillotine choke in the second round before dropping the unconscious Brazilian onto the canvas with a thud.

On Saturday, Sweden's Alexander (The Mauler) Gustafsson becomes the latest to attempt to derail Jones when the two face off at UFC 165 at Toronto's Air Canada Centre. It will be Jones' third championship fight in the Ontario capital.

At six foot five, Gustafsson (15-1) is a rare fighter who is taller than the 6-4 Jones.

A perhaps over-enthusiastic UFC TV promo calls the Swede "the toughest test of (Jones') career." The bookies aren't buying it, installing Jones as anything from a 7-1 to 12-1 favourite.

Jones is tied for most consecutive title defences (five) and most finishes (nine) in UFC light-heavyweight history. He already holds the record for most submissions (five) by a light-heavyweight.

THE CANADIAN PRESS

Setting it straight

The last time MMA fans saw Jon (Bones) Jones in the cage, the UFC light-heavyweight champion's left big toe looked as if it had been screwed on in the wrong direction following a TKO win in April over Chael Sonnen at UFC 159.

- Jones, who consulted a number of doctors, did not need surgery on the dislocated toe. But he still faced three to four months before it was fully healed.

4 SPORTS

Otters have Knights in their crosshairs

Connor McDavid, seen here practising at Toronto's St. Mike's Arena at the #camp event in August, is confident the Erie Otters will be a force to be reckoned with this season. CHRIS SO/TORSTAR NEWS SERVICE

2013 season. Connor McDavid's squad one of several threats to defending OHL champs

Connor McDavid showed in his impressive rookie season that he can be a team cornerstone. His next mission is to lead the Erie Otters back to respectability in the Ontario Hockey League's Western Conference.

McDavid handled the hype surrounding his much-anticipated arrival by winning the OHL rookie of the year award after finishing with 66 points in 63 games. However, his production didn't translate into victories.

The Otters won only 19 games and finished last in the conference for the second straight season.

"It was not fun last year not winning a lot of games," said McDavid. "The team had a couple of tough years in a row. We're so sick of losing. We're going to do whatever it takes to win."

Erie has plenty of talent up front this season with McDavid set to play with new linemates Connor Brown and Andre Burakovsky. Oscar Dansk will be in net for a second season and a revamped defence features recent addition Cory Genovese.

The Kitchener Rangers are also in the mix. They have a new head coach in Troy Smith, a new general manager in Murray Hiebert and a group of veterans in Justin Bailey, Evan McEneny and Radek Faksa.

The Sault Ste. Marie Greyhounds, with NHL first-round pick Darnell Nurse (Edmonton Oilers), and the Windsor Spitfires, behind Kerby Rychel and Slater Koekkoek, could also make some noise this season.

Regular-season play begins Thursday with a four-game schedule that features the defending Eastern Conference champion Barrie Colts at home to Saginaw. THE CANADIAN PRESS

Road to a repeat

The London Knights will likely be the team to beat in the West again this season. The defending OHL champions — who will host the Memorial Cup next spring — are loaded at both ends of the ice.

- Provided they don't earn roster spots with their respective NHL clubs, Max Domi and Bo Horvat lead the front-line attack.
- London also has a pair of first-round picks on defence in Olli Maatta and Nikita Zadorov, along with goaltender Anthony Stolarz, a second-round pick by the Flyers in 2012.
- The Knights should be challenged by the Guelph Storm, who have a strong nucleus led by Scott Kosmachuk.

Sexual abuse case

U.S. appeals court to decide on Jerry Sandusky retrial

Jerry Sandusky's lawyer faced skeptical questioning Tuesday from three judges on the Pennsylvania appeals court over his client's request that they order a new trial in his child sexual abuse case.

The arguments made on behalf of Sandusky, the former Penn State assistant football coach, include that his lawyers didn't have time to prepare for trial, that a prosecutor made improper references to Sandusky not testifying and that the judge mishandled jury instructions. The Superior Court judges did not indicate when they would rule.

Sandusky, 69, is serving a 30- to 60-year state prison sentence after being convicted last year of 45 counts of child sexual abuse.

He was not in the packed courtroom for the argument session, held in a county courthouse in Wilkes-Barre as part of the court's initiative to make its business accessible to a wider public.

THE ASSOCIATED PRESS

MLB. Blue Jays slugger Encarnacion, pitcher Cecil done for the season

Toronto Blue Jays first baseman Edwin Encarnacion is scheduled to undergo wrist surgery this week and will miss the final two weeks of the regular season.

The all-star slugger will have cartilage damage repaired in his left wrist.

"They said it's a simple procedure to clean it out," manager John Gibbons said before Tuesday's home game against the New York Yankees. "He's been dealing with it all year and just got to the point where his bat launch (letting go of the bat on his swing) became too frequent. You could tell he was battling it."

Gibbons said that left-handed reliever Brett Cecil would also go on the disabled list with a sore elbow. Cecil will have an MRI exam this week.

"He's had some elbow discomfort for a little over a month," Gibbons said. "He hadn't been pitching much. He'll get an MRI in the next few days. They don't think (it is serious) but he will get it checked out."

Encarnacion finishes the season with 36 homers, 104 runs batted in, a .272 batting average and an on-base percentage of .370. He missed four games with soreness in the wrist from Sept. 8-12 and returned last weekend for a three-game series against the Baltimore Orioles.

Toronto's Edwin Encarnacion will undergo wrist surgery this week. ROSS D. FRANKLIN/THE ASSOCIATED PRESS FILE

"He's had it on and off all year," Gibbons said. "He's been able to deal with it. It kind of comes and goes. That was the plan anyway that he was going to have to get it cleaned up but it just got to the point now where he (needed surgery)."

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	92	59	.609	—
Tampa Bay	82	67	.550	9
Baltimore	79	70	.530	12
New York	79	71	.527	12½
Toronto	68	81	.456	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	87	63	.580	—
Cleveland	81	69	.540	6
Kansas City	79	71	.527	8
Minnesota	64	85	.430	22½
Chicago	59	91	.393	28

WEST DIVISION

	W	L	Pct	GB
Oakland	88	62	.587	—
Texas	81	68	.544	6½
Los Angeles	73	77	.487	15
Seattle	66	84	.440	22
Houston	51	99	.340	37

Tuesday's results
N.Y. Yankees at Toronto
Seattle at Detroit
Texas at Tampa Bay
Baltimore at Boston
Cincinnati at Houston
Minnesota at Chicago White Sox
Cleveland at Kansas City
L.A. Angels at Oakland
Monday's results
Chicago White Sox 12 Minnesota 1
Cincinnati 6 Houston 1
Detroit 4 Seattle 2
Kansas City 7 Cleveland 1
L.A. Angels 12 Oakland 1
Tampa Bay 6 Texas 2
Wednesday's games — All Times Eastern
Minnesota (Diamond 5-11) at Chicago White Sox (Danks 4-13), 2:10 p.m.
L.A. Angels (Vargas 8-7) at Oakland (Griffin 14-9), 3:35 p.m.
N.Y. Yankees (Hughes 4-13) at Toronto (Happ 4-6), 7:07 p.m.
Seattle (Iwakuma 12-6) at Detroit (Verlander 13-11), 7:08 p.m.
Texas (Holland 9-9) at Tampa Bay (Archer 9-7), 7:10 p.m.
Baltimore (Chen 7-7) at Boston (Peavy 11-5), 7:10 p.m.
Cincinnati (Reynolds 1-2) at Houston (Peacock 5-5), 8:10 p.m.
Cleveland (Salazar 1-2) at Kansas City (Chen 7-3), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	89	61	.593	—
Washington	80	70	.533	9
Philadelphia	70	80	.467	19
New York	67	82	.450	21½
Miami	55	95	.367	34

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	87	63	.580	—
St. Louis	87	63	.580	—
Cincinnati	85	66	.563	2½
Milwaukee	66	83	.443	20½
Chicago	63	87	.420	24

WEST DIVISION

	W	L	Pct	GB
Los Angeles	86	64	.573	—
Arizona	76	73	.510	9½
San Diego	69	80	.463	16½
San Francisco	69	81	.460	17
Colorado	69	82	.457	17½

Tuesday's results
Washington 6 Atlanta 5
San Diego at Pittsburgh
Miami at Philadelphia
Atlanta at Washington
San Francisco at N.Y. Mets
Chicago Cubs at Milwaukee
St. Louis at Colorado
L.A. Dodgers at Arizona
Monday's results
Arizona 2 L.A. Dodgers 1
Colorado 6 St. Louis 2
Milwaukee 6 Chicago Cubs 1
Philadelphia 12 Miami 2
San Diego 2 Pittsburgh 0
Atlanta at Washington (ppd., local shooting)
Wednesday's games — All Times Eastern
San Diego (Ross 3-8) at Pittsburgh (Morton 7-4), 7:05 p.m.
Miami (Eovaldi 3-6) at Philadelphia (Miner 0-1), 7:05 p.m.
Atlanta (Wood 3-3) at Washington (Ohlendorf 4-0), 7:05 p.m.
San Francisco (Cain 8-9) at N.Y. Mets (Harang 0-1), 7:10 p.m.
Chicago Cubs (Rusin 2-4) at Milwaukee (Thornburg 2-1), 8:10 p.m.
St. Louis (Wainwright 16-9) at Colorado (Chatwood 7-4), 8:40 p.m.
L.A. Dodgers (Fife 4-3) at Arizona (McCarthy 4-9), 10:10 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	11	7	4	0	321	288	14
Hamilton	11	5	6	0	288	303	10
Montreal	11	4	7	0	259	321	8
Winnipeg	11	2	9	0	224	333	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	11	9	2	0	346	268	18
Saskatchewan	11	8	3	0	354	258	16
B.C.	11	7	4	0	301	280	14
Edmonton	11	2	9	0	259	301	4

Friday's game — All Times Eastern
Edmonton at Winnipeg, 8 p.m.
Saturday's games
Montreal vs. Hamilton (at Moncton), 4 p.m.
Toronto at Calgary, 7:30 p.m.
Sunday's game
B.C. at Saskatchewan, 4:30 p.m.

NFL

Monday's result
Cincinnati 20 Pittsburgh 10
Sunday's results
Green Bay 38 Washington 20
Arizona 25 Detroit 21
Baltimore 14 Cleveland 6
Denver 41 N.Y. Giants 23
San Diego 33 Philadelphia 30
Houston 30 Tennessee 24
Atlanta 31 St. Louis 24
New Orleans 16 Tampa Bay 14
Oakland 19 Jacksonville 9
Miami 24 Indianapolis 20
Chicago 31 Minnesota 30
Seattle 29 San Francisco 3
Kansas City 17 Dallas 16
Buffalo 24 Carolina 23
Thursday's game — All Times Eastern
Kansas City at Philadelphia, 8:25 p.m.

MLS

Friday's game — All Times Eastern
Colorado at Portland, 10 p.m.
Saturday's games
Vancouver at Montreal, 2 p.m.
Kansas City at Toronto, 4 p.m.
Chicago at Columbus, 7:30 p.m.
D.C. at New England, 7:30 p.m.
Chivas at Houston, 8:30 p.m.
San Jose at Salt Lake, 9 p.m.
Seattle at Los Angeles, 10:30 p.m.
Sunday, September 22
Dallas at New York, 5 p.m.

The 2014 GMC Sierra

Review. From top to bottom it's as new as it gets, right down to three brand new engines

MALCOLM GUNN
wheelbasemedia.com

ALL PHOTOS WHEELBASEMEDIA.COM

2014 GMC Sierra

- **Type.** Two- /four-door, rear-/four-wheel-drive full-size pickup
- **Engines (hp).** 4.3-litre OHV V6 (285); 5.3-litre OHV V8 (355); 6.2-litre OHV V8 (420)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** $27,800

GMC vs Chevy

Some minor sheetmetal differences exist between the Chevy and the GMC, but that's about it. Even the interiors of the two pickups share the same basic dash, control panel and available touch-screen communications centre that are a masterstroke of efficient legibility.

Fuel Economy

Mated to a standard six-speed automatic transmission, fuel consumption is reduced to 11.9 l/100 km in the city and 8.4 om the highway (previously 13.7/9.1). V8 choices consist of a new 5.3-litre unit with 355 horses and 383 pound-feet, up from 315/335, and a 6.2-litre piece rated at 420/450 pound-feet. That compares to the previous 6.2's 403/417 rating. The new engine is based on the V8 in the new 2014 Corvette. The 5.3 is rated at 13.0/8.7 l/100 km, but the 6.2's fuel numbers have yet to be divulged, although GMC says it will have a 5,450-kilogram tow rating.

With nearly endless combinations of powertrains, features and cab choices, you would be hard-pressed to find two identical pickup trucks on the road.

That's certainly the case with General Motors' light-duty cousins — the Chevrolet Silverado and GMC Sierra — although both share the same basic structure and running gear. For 2014, each continues with its own style and attitude, although the "attitude" part is hard to define, exactly.

While Chevrolet positions the Silverado as a kind of middle-ground pickup for both work and play, in the Sierra's case those virtues are distinctly separated. More basic GMC models accentuate the "Professional Grade" tag and the pitch is directed at buyers who rely on their pickups to earn a living. At the opposite end of the scale is the Sierra Denali sub-brand that places a much higher value on coddling content.

In either case, the Sierra's primary identification point can be spotted in your rear-view mirror. The entire front end, including grille, headlights, bumper and in-your-face GMC logo, are more massive than before and in total make a bolder statement than the Silverado does. Of course as you scale the trim-level ladder the appointments become more luxurious and the cabin resembles something approaching a high-end limo, especially in the four-door crew-cab models. Limo-quiet cabins have also been the focus of GMC's designers. Improvements in aerodynamics, insulation and weather sealing help shut out intrusive noises.

Note that for 2014 the rear doors of the double cab (which has smaller doors than the crew cab) are now front-hinged just like the crew cab's doors, as opposed to being rear hinged, to provide easier access to the back seat. Just as a greater use of aluminum in fabricating various body panels and suspension parts has kept the Sierra's weight in check, the V6 and V8 engines also benefit.

All use aluminum cylinder blocks and incorporate direct injection, whereby fuel is force-fed into the cylinders under high pressure. That allows the fuel load to be tailored for very specific use. There's also continuously variable valve timing for improved low- and high-speed performance, while half the cylinders in V8 engines will automatically shut down in steady-state cruise conditions to save fuel. The V6 engine also runs on four cylinders in such situations.

2013 Focus Sedan S

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Oh those eccentric British types ...

Autopilot. British Car Day attracted some interesting characters and cars, but none more so than Canada's own half-woman, half-car Venessa Koch

AUTO PILOT
Mike Goetz
drive@metronews.ca

Venessa Koch crouched in DeLorean mode. ALL IMAGES CONTRIBUTED

Before the DeLorean fan and mascot springs into robot mode.

This past Sunday marked the 30th anniversary of British Car Day. Held every third Sunday in September at Ontario's Bronte Creek Provincial Park, British Car Day has been for some time now the largest single day gathering of British vehicular diversity in North America — about 1,000 vehicles and their servants manage to make the scene every year.

In other words, it's the dog's bollocks, brilliant, jolly good, etc., and I was chuffed to bits to make it out again, though a last minute family matter almost threw a spanner into the works. Okay that's bloody it for the British slang; now on to a couple of the cool vehicles that caught my eye this year…

Venessa Koch is not technically a car, British or otherwise, but she probably had her picture taken more than anything else on the field this year. She is not technically a Transformer either, but she sure looked like one. For her culminating thesis for her Theatre Production degree from Ryerson University she created a costume that starts out as a DeLorean automobile and ends up like a robot. It is awesome. The school gave her an A-plus, and the Ontario DeLorean Owners' Club awarded her Associate Member status. "I'm also their official mascot," said Koch, who was parked alongside other DeLoreans in the DeLorean row, and performed many "transformations" during the day. Like a lot of DeLorean enthusiasts, she got the bug from the time-traveling DeLorean in the film, Back to the Future. "I've been in love with that car since I was 10." It took her about eight months to make the DeLorean transformer costume. It wasn't easy. She noted that unlike Optimus Prime, she actually has a spine that can't be folded several times.

The DeLorean contingent seemed to be having the most fun. They seemed younger than the Jag and Rolls crowds, for example, and their cars were the only ones there with faux Flux Capacitors. DeLoreans were made for only two years (1981 and 1982), in a plant located in Belfast, Northern Ireland.

Only slightly larger than Vanessa Koch was the Berkley SE328, owned by William Patterson of East Aurora, New York. At just a smidgen over three metres long, the front-drive Berkeley is the world's smallest production sports car. Patterson's SE328 model is fitted with a 328-cc two-stroke motorcycle engine, good for 18 horsepower. Patterson is over six feet tall, and when I asked him to get behind the wheel for a photo, he said sure, and then took about a minute to complete the manoeuvre. "You don't jump in and out of this thing on whim," said Patterson, "it's a commitment." A commitment to having a bit of fun, I thought later, when he took off for the day, in a cloud of two-stroke smoke and a cacophony of mechanical noises.

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Limited time lease and finance offers available through Honda Financial Services Inc. (HFS), on approved credit. Selling prices and payments include freight and PDI (ranges from $1,495 to $1,640 depending on 2013 model and $1,695 on advertised 2014 models), EHF tires ($29), EHF filters ($1), A/C levy ($100 except Civic and Fit DX models), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration. [Ω]Representative bi-weekly lease example: 2013 Civic DX Sedan (Model FB2E2DEX) on a 60 month term with 130 bi-weekly payments at 1.99% lease APR. Bi-weekly payment is $87.40 with $0 down or equivalent trade-in, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,362.23. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. [†]Representative bi-weekly finance example: 2013 Civic DX Sedan (Model FB2E2DEX) on an 84 month term with 182 bi-weekly payments at 1.99% APR [including $1,600 Finance incentive and $431 individual dealer contribution deducted from the negotiated selling price before taxes]. Incentives apply only to Finance contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of $16,970. Cost of borrowing is $1,077.28 for a total finance obligation of $16,016.28 with $0 down or equivalent trade-in. [¤]Limited time 0.99% APR lease offers on a new 2013 Fit DX (Model GE8G2DEX) // 2013 Civic DX Sedan (Model FB2E2DEX) // 2013 CR-Z // 2013 Accord EX Coupe 6MT (Model CT1A7DJ) // 2013 Accord LX Sedan 6MT (Model CR2E3DE) // 2013 CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 36 // 24 // 36 months. Representative lease example: 2013 Accord LX Sedan 6MT (Model CR2E3DE) on a 24 month term at 0.99% lease APR, the monthly payment is $440.70 with $0 down or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $10,576.80. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. [^]Receive 0.99% purchase financing on any new 2013 Fit DX (Model GE8G2DEX) // 2013 Civic DX Sedan (Model FB2E2DEX) // 2013 CR-Z // 2013 Accord EX Coupe 6MT (Model CT1A7DJ) // 2013 Accord LX Sedan 6MT (Model CR2E3DE) // 2013 CR-V LX 2WD (Model RM3H3DES) models for a maximum of 36 // 48 // 24 // 48 // 24 // 48 months. Representative finance example: 2013 Accord LX Sedan 6MT (Model CR2E3DE) on a 24 month term at 0.99% APR and complete price of $25,765, the monthly payment is $1,084.65. Cost of borrowing is $266.60 for a total finance obligation of $26,031.60 with $0 down or equivalent trade-in. [§]Limited time 1.99% APR lease offers on a new 2014 CR-V LX 2WD (Model RM3H3EES) // 2014 Odyssey models for a maximum of 24 // 24 months. Representative lease example: 2014 Odyssey LX (Model RL5H2EE) on a 24 month term at 1.99% lease APR, the monthly payment is $592.44 with $0 down or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $14,218.56. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. [Δ]Receive 1.99% purchase financing on any new 2014 CR-V LX 2WD (Model RM3H3EES) // 2014 Odyssey models for a maximum of 36 // 36 months. Representative finance example: 2014 Odyssey LX (Model RL5H2EE) on a 36 month term at 1.99% APR and complete price of $31,820, the monthly payment is $911.27. Cost of borrowing is $985.72 for a total finance obligation of $32,805.72 with $0 down or equivalent trade-in. *$1,000 // $1,500 // $2,000 // $1,500 // $2,000 // $3,500 // $2,000 // $2,500 // $4,000 // $5,000 // $5,000 customer cash incentive is valid any new 2013 Fit (except DX, model GE8G2DEX) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Accord Coupe (except EX Coupe 6MT, model CTA7DJ) // 2013 Accord Sedan (except LX Sedan 6MT, EX-L V6 Sedan and Touring V6 Sedan, models CR2E3DE, CR3F8DJN and CR3F9DKN) // 2013 Accord EX-L V6 Sedan and Touring V6 Sedan // 2013 Crosstour EX 2WD and EX-L 2WD (models TF3H3DJ, TF3H5DJNX) // 2013 Crosstour EX-L 4WD and EX-L 4WD NAVI (models TF2H5DJNX, TF2H5DKNX) // 2013 CR-V (except LX 2WD, model RM3H3DES) // 2013 Odyssey // 2013 Pilot // 2013 Ridgeline models when registered and delivered between September 4th and September 30th, 2013. 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Me behind the wheel of the disguised new BMW i8, it also has scissor-like doors.
COURTESY BMW

How does BMW hybrid's tiny engine hit 250km/h?

Driving force. German automaker's latest creation sets the bar for weight and fuel consumption and is a true vision of the future

JIL MCINTOSH
drive@metronews.ca

Automakers have consistently worked to get more power out of smaller engines, but an upcoming BMW model may take the crown. The i8, a sports model planned for sale in Canada next year, accelerates to 100 km/h in 4.5 seconds and can reach 250 km/h—and it's a hybrid with only a three-cylinder engine.

I had an exclusive opportunity to drive a heavily-disguised model at the company's test track in France, where the i8 proved it can run on electricity alone in the city, or hold its own at high speeds with some of the best of today's conventional competitors.

"We need the ability for emission-free driving," says Dr. Carsten Breitfeld, vice-president of BMW and director of the i8 program. "There will be a clear need for every powertrain in the future to reduce fuel consumption at its maximum."

The i8 combines a variety of technologies. Its front wheels are powered by an electric motor, mated to a two-speed transmission that the car uses when running on battery only. After it's recharged by plugging into a wall, the i8 can run almost silently for 35 km on electricity. That's primarily for city use, but it can reach 120 km/h on the battery alone.

The rear wheels are powered by a turbocharged 1.5-litre three-cylinder engine, with a six-speed automatic transmission. During regular and performance driving, the i8 uses a combination of electricity and gasoline, using regenerative braking to recharge the battery while driving. The gas and electric systems, working together, produce 362 horsepower and 420 lb-ft of torque, comparable to what some eight-cylinder engines make.

Since both axles have their own power source, the i8 is all-wheel drive, which improves its handling. Electric motors make their power right away, while gasoline engines have to rev up. BMW solves this disparity with a small, high-voltage electric motor at the rear, which can provide additional power to the rear axle on acceleration.

To offset the heavy powertrain and battery, the i8 is made exclusively of lightweight materials, including an aluminum chassis, carbon fibre body, and plastic panels. The entire car weighs about 1,490 kg.

Very pricey

- **Forecast.** BMW estimates that the i8 will get 2.9 L/100 km in combined hybrid driving, and use less than 10 L/100 km in racetrack-style driving.
- **Cost.** Estimates for the i8's Canadian pricing range from $160,000 to $180,000.
- **Sequel.** The i8 is the second car in BMW's "innovation" series, following the all-electric i3 city hatchback.

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Horoscopes

♈ Aries
March 21 - April 20
You don't have to batter your rivals into submission. The planets warn if you come on too strong they could hold a grudge that one day comes back at you. What goes around comes around.

♉ Taurus
April 21 - May 21
If a friend wants you to make a commitment today, don't refuse out of hand. With Venus, your ruler, linked to Saturn, it is in fact a good time to dedicate yourself to a cause.

♊ Gemini
May 22 - June 21
It may feel as if your hopes and wishes have been thrown into reverse but that is not the case: You are still on track to realize your dream. Focus on something mundane today — you will find that it helps.

♋ Cancer
June 22 - July 23
You may have to play along with someone and make them believe that you are still on their side but tomorrow's full moon will make clear your deception. A partnership will certainly be put to the test.

♌ Leo
July 24 - Aug. 23
Try not to say anything that causes resentment. Loved ones are liable to be touchy over the next 24 hours, so weigh your words carefully and, if in doubt, try saying nothing at all.

♍ Virgo
Aug. 24 - Sept. 23
Be the one who speaks up when others are too scared to make their thoughts known. Don't worry that you might provoke a negative response — it's better than no response.

♎ Libra
Sept. 24 - Oct. 23
It is pointless arguing with people whose way of looking at life is different to your own. Accept that you'll never see eye-to-eye and find friends you find it easier to converse with.

♏ Scorpio
Oct. 24 - Nov. 22
Venus linked to Saturn in your sign today should remind you that you are rich in the things that matter. Most important among them are relationships and the values you share with those you love.

♐ Sagittarius
Nov. 23 - Dec. 21
If you withhold information from others, you better have a good reason. The planets warn they won't be happy at being kept in the dark. You may have the right to silence but you don't have to use it.

♑ Capricorn
Dec. 22 - Jan. 20
If you are upset about a partnership matter, speak up. The longer you suffer in silence, the harder it will become to tell them what is wrong. Don't worry, they'll understand.

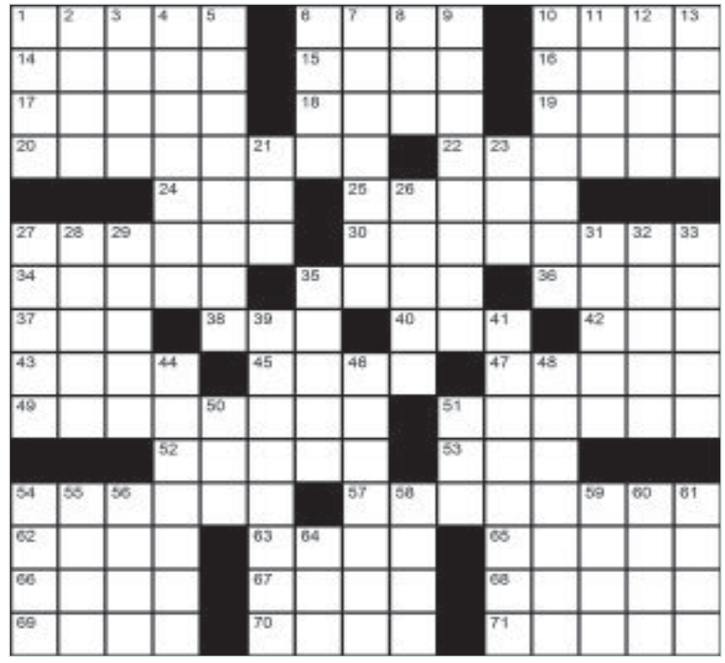
♒ Aquarius
Jan. 21 - Feb. 19
If you believe in what you are doing then it is as good as done. However, if there are doubts in your mind, your progress will falter, so make sure your mind is clear.

♓ Pisces
Feb. 20 - March 20
You may have to postpone something you were looking forward to today but don't get angry about it. A few days from now you will come back to it refreshed and determined to succeed. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

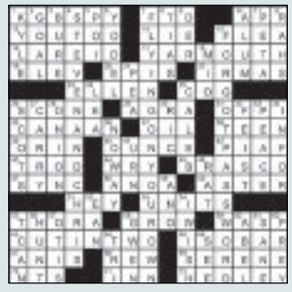
BY KELLY ANN BUCHANAN



Across
1. "General Hospital", and others
6. Rugged cliff
10. 'B' of BFF
14. Ms. Sevigny
15. Swanky transport
16. Ornamental purse
17. World org. based in NYC: 2 wds.
18. Worldwide, wee-ly
19. Land measure
20. British Columbia's capital
22. Be uncertain
24. U2's Ii'l land
25. Ms. Flynn Boyle's
27. Medical building
30. Montreal street; or, surname of Canadian actor Conrad Bain's role on "Diff'Rent Strokes"
34. Thesaurus compiler, Peter Mark __ (b.1779 - d.1869)
35. Not-against votes
36. Quito is its cap.
37. WWII operation, __ Jima
38. Friend ...en francais
40. Sneeze starters...
42. Skirt part
43. Prefix to 'morphosis'
45. "__ Rider" (1969)
47. Sculpt wood
49. "Income __" (Canadian series about creating a home rental unit)
51. Menu option under 'File': 2 wds.
52. Katy Perry's forthcoming album
53. Alien's craft, commonly
54. Tale of myth
57. Winnipeg-born anchor on CNN, Ashleigh __
62. Gumbo ingredient
63. It's pumped at gyms
65. More curious
66. Dish
67. Old, to Robert Burns
68. Resulted in: 2 wds.
69. Increases
70. "The Untouchables" role, Eliot __
71. Sag

Down
1. Canuck comedy sketch show
2. "__, __." (I-didn't-know-you-were-here type of greeting)
3. Sir Guinness
4. Quebec dish
5. Spanish 'Miss'
6. Nero's 152
7. CTV News anchor, Sandie __
8. Li'l quantity
9. Yukon event, Klondike __: 2 wds.
10. "Duh...": 2 wds.
11. Carve into stone
12. "You betcha!"
13. Level
21. Tape a li'l TV show
23. will._.__
26. Wide assortment
27. Make hair wavy
28. Decrease
29. "_ __ __ Extremes" by Billy Joel
31. Earthy pigment
32. __ York (New York, in Spanish)
33. Equivalent titles to 'Sirs' for women
35. Cars of Italy
39. Tragically Hip's "At the Hundredth __"
41. Michelangelo's support in the Sistine Chapel
44. Lost court case recourses
46. Icons
48. One who shuns
50. 'North' suffix
51. Yellow thing in the sky
54. Toronto's Casa
55. Just managed, with Out
56. Diploma-getter, briefly
58. These things: & & &
59. Vegetable stand selection
60. Actor/singer Jared
61. Lose one's grip
64. Actress, Sara __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7			2	3		6	
4								
				8	6		7	1
7		1		9		3		
			2		5			
		9		1		4		2
9	6		1	5				
								5
	8		6	3			2	

Yesterday's Sudoku

5	7	4	6	1	9	2	3	8
6	3	8	2	4	5	9	1	7
1	9	2	8	3	7	5	4	6
7	4	3	1	6	2	8	5	9
8	1	9	7	5	4	6	2	3
2	6	5	9	8	3	1	7	4
9	8	7	4	2	1	3	6	5
4	5	1	3	9	6	7	8	2
3	2	6	5	7	8	4	9	1

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MON-FRI 8-6 SAT 8-5

THE LINCOLN MOTOR COMPANY

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Lincoln Dealer for complete details or call the Lincoln Customer Relationship Centre at 1-800-387-9333. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. ‡‡ Between Aug 1 and September 30 (the "Offer Period"), receive a no-extra charge Lincoln Maintenance Protection Plan ("LMPP") with the purchase or lease of a new 2013 Lincoln model at participating Lincoln dealerships. LMPP includes all required scheduled maintenance (as per each vehicle's Owner's Guide) for 4 years or 80,000 km, whichever occurs first, (the "Term"); plus coverage for 7 wear items (Brake pads and linings, Brake rotors, Engine belts, hoses and hose clamps, Light bulbs (excluding LED lamps and headlamps), Shock absorbers, Spark plugs, Wiper blades) for the same Term, as required, due to normal wear or defect. Limit ten (10) required scheduled maintenance service visits over the Term, based on a 6 month / 8,000 km interval. LMPP offer balance is transferable at a cost if the vehicle is sold. This offer can be used in conjunction with most retail consumer offers made available by Ford Motor Company of Canada at either the time of factory order (if ordered within the Offer Period) or delivery, but not both. Offer is not reincheckable. Offer is not combinable with CPA, GPC, Daily Rental Allowances and Commercial Upfit program. See Dealer for details. ‡Between Aug 1, 2013 and September 30, 2013 Security Deposit payment is waived on a lease of a new Lincoln model (Red Carpet leases, on approved credit from Ford Credit). Security Deposit may be required by Ford Credit based on customer credit terms and conditions. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.